

## NORDIC CENTER

Eldora Mountain Resort’s Nordic Center provides a scenic setting for cross-country skiers and snowshoers of all abilities. Our 40 kilometers of trails cross beautiful alpine clearings and pass through peaceful forests with trails designated for classic skiing, skate skiing, or snowshoeing.

For further information, schedules, or reservations on all programs, please call the Eldora Nordic Center at **303-440-8700 x68510** or visit **eldora.com**.

## NORDIC SKI PROGRAMS

Eldora Mountain Resort’s Nordic Center offers a variety of outstanding lessons, programs and special events to make your experience the best. Please take a moment to review the programs below.

### • CROSS-COUNTRY SKI TREK

Cross-Country Ski Trek is the best way for your kids to learn cross-country skiing. Children learn proper cross-country technique while playing games and going on adventures and tours with our professional instructors. Choose from different program-length options on consecutive Saturdays.

### • WOMEN’S TUESDAYS OR WEDNESDAYS

A popular tradition at Eldora, designed just for women. No matter what your ability level or physical conditioning, Eldora offers a fun, social multi-week program to suit your needs, with women of the same ability level, and including a continental breakfast, a gourmet lunch, and 4 hours of group instruction.

### • WEEKDAY UPHILL ACCESS

Eldora offers uphill skiing on weekdays, on designated routes within specific time-frames. For more information on our uphill policy please visit [eldora.com/uphill](http://eldora.com/uphill).

### TENNESSEE MOUNTAIN CABIN

Ski or snowshoe to this beautiful rustic cabin, which sleeps up to 8 people. Stop by the Nordic Center to inquire about rates and availability.

## GUEST SERVICES

### LEARN-TO-CLASSIC-SKI PACKAGE

The Learn to Ski Special is designed specifically for beginner classic cross-country skiers. Lessons are 2 hours in length and begin daily at 10 am and 1 pm. The package, which is offered for children and adults, includes a lesson, a trail pass and classic ski rental.

### LEARN-TO-SKATE-SKI PACKAGE

This beginner skate skiing lesson will teach you the foundations of skate-skiing technique. The package includes 2 hours of instruction, skate-ski rental and a trail pass. This package is offered every Friday, Saturday and Sunday, starting at 10 am and 1 pm.

### INTERMEDIATE / ADVANCED XC LESSONS

These 2 hour lessons are designed for Classic and Skate skiers who want to progress beyond the beginning level. Intermediate/Advanced classes are offered on Saturdays, Sundays, and holidays at 10:00 a.m. and 1:00 p.m.

### PRIVATE LESSONS

The Nordic Center offers 1-hour private lessons for all levels in classic cross-country ski and skate skiing. Backcountry ski lessons and guided snowshoe tours are available upon request.

## NORDIC SERVICES

### EQUIPMENT RENTALS

The Eldora Nordic Center offers a full selection of cross-country classic, cross-country skate, and snowshoe rental equipment. At this time, we do not offer Telemark or Alpine Touring rental equipment.

### RETAIL

Retail apparel and accessories are available for purchase in the Nordic Center.

## NORDIC FACTS

### WHAT IS CLASSIC CROSS-COUNTRY SKIING?

The traditional style of cross-country skiing is referred to as classic cross-country. When using classic technique, the arms and legs and skis move diagonally in the direction of travel. A skier moves forward by kicking and gliding. Classic skis have a kick zone and a glide zone on the base. The kick zone is the middle section of the ski and is either an area of fish scale type patterning or an area where kick wax is applied. The glide zones are the tip and tail portions of the ski and are completely smooth.

### WHAT IS SKATE SKIING?

Skate skiing is a relatively newer method of cross-country skiing. When using skating technique, the skier pushes laterally, skating from ski to ski to move forward. This movement is similar to that used in in-line roller-skating or speed (ice) skating. The skate-ski base is completely smooth, allowing for maximum glide.

## THE HOW-TO’S

### SNOWSHOEING

- Anyone can snowshoe. It’s easy to learn and lots of fun. If you can walk, you can snowshoe! No special skills needed, no awkward learning curve, and no labor-intensive equipment—just step in and go.
- When dressing for snowshoeing, remember the importance of layering for the elements to ensure that you are properly insulated at all times.
- Snowshoeing will get you in better shape. It provides great aerobic benefits, is less impactful than running and adds strength training all in one workout.
- Specific trails are designated for snowshoeing. Snowshoeing is not permitted on the groomed cross-country trails.
- Rental snowshoes are available at the Nordic Center.

### TRAIL ETIQUETTE

Skiers of all ability levels, and classic cross-country and skate skiers alike, enjoy the Eldora Nordic Center. To ensure everyone's safety and enjoyment, please follow these guidelines:

- Skate skiers, please skate clear of the classic-skiing tracks.
- Use caution and check your speed on downhill sections.
- Use a courteous warning when passing slower skiers.
- Do not stop where you obstruct a trail or are not visible to others.
- If you are skiing side-by-side, be prepared to move for skiers passing you or coming from the other direction.
- If your party needs help, contact the Eldora Nordic Center staff.
- Please obey trail direction markers.
- To maintain quality and safety on our trails, we do not permit dogs, hikers, or snowmobiles.
- Snowshoeing is not permitted on the groomed cross-country trails.



## HOURS & CONTACT INFO

**HOURS OF OPERATION** Trails are open 9 am to 4 pm daily.

### CONTACTING ELDORA

**Phone:** 303-440-8700 x68510  
**Email:** [info@eldora.com](mailto:info@eldora.com)  
**Web:** [www.eldora.com](http://www.eldora.com)

**Mail:** Eldora Mountain Resort  
P.O. Box 1697  
Nederland, Colorado 80466-1697

## DRIVING MAP



# NORDIC AND ALPINE TOURING TRAIL MAP





MAP LEGEND

- Easiest
- More Difficult
- Most Difficult
- Not Groomed or Patrolled
- Snowshoe Trail (Not Groomed or Patrolled)
- Forest Service Access to Jenny Creek
- Two Way
- One Way
- Alpine Touring Trail Uphill Only
- Location Markers
- Chair Lifts
- No Skating
- USFS

DISTANCES

|   |                 |
|---|-----------------|
| Nordic Center to A  | .48km/.3 miles  |
| A to C via Dixie  | .67km/.4 miles  |
| D to F via Buckeye  | .65km/.3 miles  |
| Nordic Center to E  | .96km/.6 miles  |
| E to B via 17th Avenue  | .67km/.4 miles  |
| Nordic Center to Tennessee Mountain Cabin (500-foot elevation gain) | 3.2km/2 miles   |
| Groomed Trails  | 40km/24.8 miles |
| Total Trails  | 55km/34.2 miles |



OUR PARTNERS



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AT Alpine Touring Trail (see on-mountain, one-way trail inset above)